Thousands of Women

Owe Their Health To Lydia E. Pinkham's Vegetable Compound -- overshadowing indeed is the success of this great medicine. Compared with it, all other medicines for women's ills seem to be experiments. Why is it so successful? Simply because of its sterling worth-For over forty years it has had no equal. Women for two generations have depended upon it with confidence.

Thousands of Their Letters are on our files, which prove these statements to be facts, not mere beasting. Here Are Two Sample Letters:

Lydia E. Pinkham's

legetable Compound

Mother and Daughter Helped. Middleburg, Pa - 'I am glad to state that Lydia E. Pinkham's VegetableCompounddidmemuch

good when I was 35 years old. I was run down with female trouble and was not able to do anything, could not walk for a year and could not work. I had treatment

from a physician but did not gain.
I read in the papers and books
about Lydis E Pinkham's Vegetable Compound and decided to
try it. The first few bottles gave

me relief and I kept on using it until I got better and was able to

do my work. The Vegetable Com-pound also regulated my daughter

when she was 15 years old. I can recommend Vegetable Compound

as the best medicine I have ever used."-Mrs. W. YERGER, R. 3, Box 21, Middleburg, Pa.

### BEDTIME STORIES BY HOWARD R. GARIS

A gas range needs constant care served Close watch should be kept over the

burners. Dust collects and clogs the

heles. When this happens the full

MENU FOR TOMORROW.

Breakfast Watermelon, cereal with top milk toast, coffee. Luncheon-Fresh lima beans, health bread, silced peaches, tea.

Sister Mary's Kitchen

said Uncle Wigzily. The a puzzle to me. But Mrs. Bushytail is all excited like, and I'm going to hop over and see if I can help her."

"I hope you can," said Nurse Jane. When Uncle Wigzily reached the hollow tree, where Mr. and Mrs. Bushytail and Grandpa and Grandma Lightfoot live with Johnnie and Billie, the boy squirrels, the bunny rabbit gentleman saw Bill'e sitting on a branch of a follopop busa in the front yard. And Billie dit not look very happy.

"What's the matter Billie?" asked the bunny.

"It's his testh," said Mrs. Bushytail. Billie says he doem't like the bilg front leeth he has, and he wants to go to Mr. Whitewash, the polar bear is gonte man dentist, have the big test hulled out and nices cute little ones put in place of them."

"Tut' Tut. Such nonsense I never heard" cried Uncle Wigglly. "What's the saked the squirrel boy. Billie opened his mouth wide.

"Look at 'em'" he chattered. "See what olg teeth I have in front! They're like sand shovels! I want little teeth. Wigzily, twinkling his pink nose twice as fall as an egg beater. "Your teeth are just made for you. There are four large ones in front, two on your upper and trill would not a dimension of you differ the profit of you, and on your upper and the first want of you, and you did not and lines two on your upper and trill would not any one your lower jaw If you did not and Jimmic's paddles.

"How can we drive him away?"

"I'll throw some nuts at him." cffer saked Uncle Wigglly.

"I'll throw some nuts at him." cffer leads the bad when he head can waked I uncle wigglly. "I'll the be the bad the bod in the hickory nuts Pip only today."

"I'll throw some nuts at him." cffer leads the bad chap with the hickory nuts Pip only today."

"I'll throw some nuts at him." cffer leads the bad chap with the hickory nuts at him." cffer and chap with the hickory nuts at him." cffer head chap with the hickory nuts at him." cffer head chap with the hickory nuts at him." cffer head chap with the hickory nuts at him." cffer head chap with the bear heads with the

FRESH LIMA BEANS.

pint limas teaspoon salt

1 teaspoon sait 4 teaspoon pepper 1 tablespoon butter

2 tablespoons cream

## Will Corsets Ruin Civilization? No! Actress Says They Symbolize Dignity

UNCIGENT AND WILLIES

Developed the phard nate to get at the most problem of the phard nate of the pha

MUFFY MOLE'S PLAN

"S matter?" asked Muff Mole of Flop's nose wiggling as he thought of Floppy Field Mouse, after the two had gone about three turns past the fence-corner toward the Meadow Grove Mr. Scribble Scratch, but Nick saw schoolhouse. Because Floppy was schoolhouse Because Floppy was school matter with you, yourself?"

"S matter with you, yourself?"

"S matter with you, yourself?"

"S matter with you, yourself?"

"Suddenly turning a corner they came upon Sar' Ann Spider hurrying along fearing she would be late, and denly with his car toward the ground. "Hear that, and that, and that? The school master would make her go all inc. If the expected baby is her first, the physical examination which the doctor makes should include



I'd like to stay home but my d ad won't let me," said Flop.

trip with a great understanding of 'The very thing!" he agreed eagerly thought of it?" Then the very think of it?" Then

industry of gas is not consumed and the unburned gas is wasted.

If the openings to regulate the amount of air are closed with dust the gas is also wasted and the flame is not as hot as should be. A stiff whish broom cleans all the openings quite thoroughly.

Dinner—Brolled white fish, beaten potatoes, shredded cabbage, blackberry cup puddings, coffee.

MY OWN RECIPES.

Shredded cabbage may be served in a variety of ways. Perhaps one of the yolk of one egg and continue beating. Beat in sait and perper, butter and cream. Add the yolk of the second can perpers and pimentos. If the fish is served on a large platter these lettuce cups of cabbage are arranged on the edge of the platter and cream as well as you do your-self the served on the edge of the platter and cream as well as you do your-self.

2 tablespoons cream Boil potatoes. Drain off water and some of them are old, classed as neath the leavenly fold. And we have bowed our heads in grief and little these days of woe Which seemed so strange to us back there in the glad long ago.

LITT

We've drawn the shades against the sunderstand just what it means to see a loved one die.

For as the family larger grows more of them are old, one bething the beating and some of them are old, and some of them are old, one bething the Heavenly fold. And we have bowed our heads in grief and little these back there in the glad long ago.

LITT

No.

STARTS ROW IN ITALY

And eye our joys have multiplied, glad And love and laughter we have known to pay us for our tears.

Its was alone lin the big church on and returns an active of horizon and went to pay us for our tears.

And love and laughter we have known to pay us for our tears.

Risk at there in the pew quictly meditar, and the pay us for our tears.

And love and laughter we have known to pay us for our tears.

Risk pures ing. so far as I could discover. It was stiffing quictly in the house of Odd. He was at the head of a big dred men, and gen output tears of the control of the house of the control of the house of

Flop looked at Muff and Muff looked at Flop with a great understanding of each other's sorrows

"Mine won't either. Isn't that awful?"

NS.

Along they went waiking slower and slower as they neared the schoolbouse, achool looking like apple ple.

Saw time's constant change, But it was all so far away an' seemed as o very strange. The water Add sait. Sam and constant change, But it was all so far away an' seemed as o very strange.

The water Add sait. Sam and some of them are old, and now the family has grown, its circle stretches wide. And now the family has grown, its circle stretches wide. And sow or or hearts by care and sow or or them are old, "If he's your guest, and double shad one of them are old, some of the Shepherd to be called into the Havening' foll.

The very thing'' he agreed case with a first wink at Flow with a great understanding of a time of a book of the "The water are larged as they called to Sar Ann.

And after they had told her the had told her the wonderful plan, which she agreed to help assage of at least three pints of urine and sary time and sary of the control of the Co-base and they called to Sar Ann.

Along they went waiking slower and slower as they neared the schoolbouse," achool looking like apple ple.

Saw time's constant change,
But it was all so far away an' seemed so very strange.

The alternative plan was all so far away an' seemed so very strange.

The alternative plan to double the desertion on the plant manufacture to the passage of at least three pints of urine and severe headaches, swelling of the passage of at least three pints of urine and severe headaches, swelling of the save the mode full to insure the passage of at least three pints of urine and severe headaches, swelling of the passage of a least three pints of urine and severe headaches, swelling of the passage of a least three pints of urine and severe headaches, swelling of the passage of a least three

### LITTLE BENNY'S Note Book By LEE PAPE

which the doctor makes should include measurements of the pelvis. An examination of the blood by means of the Wasserman test shows that about one mother in every ten should undergo thorough medical treatment in order to insure a healthy baby. peated examinations of the urine are essential for the detection of conditions whose early treatment may save the mother's life.

Before the baby si born the mother should safeguard her health in every way. She should be as far as possible relieved of worry, have plenty of fresh air, good, wholesome food, and sufficient recreation, rest, and sleep. The bowels should move once a day stipation, which is often troublesome during the later months of pregnancy, should preferably be controlled by regulating the diet, but if that does not suffice some simple laxative prescribed by the doctor should be taken.

her urine every two weeks. She must Then drink sufficient liquid to insure the clude: Mental infirmity, declared to ber of the central board of the Co-passage of at least three pints of urine be incurable rendering married life operative Union of Britain. Mr. Naish

a thorough examination, including an analysis of the urine.

### QUESTION OF DIVORCES STARTS ROW IN ITALY

storm yesterday brought up all the earth-worms and it's elegant hunting." I can't tell you how it happened, but at the sight of her a sudden idea thetically. "Corn's sweetest ever, and I know where the biggest ears are. I'd like to stay home but my dad won't let me."

I'd like to stay home but my dad won't let me."

Flow looked at Muff and Muff looked. "The way back home for a note. And The clothing should be loose, though corsets may be worn during the earlier months.

During the last months of pregancy, and whilepered something to him and the expectant mother should see her physician or send him a specimen of her urine every two weeks. She must

under the eyes?

A. There are various theories but the Roman Catholic church that many up to let them in the most common cause is Bright's discusse. Be sure to consult a reputable physician at once. Have him give you a thorough examination around the sure of the Socialists.

Italians, and is so strongly opposed by himself the trouble the Roman Catholic church that many up to let them in the sure of the common law, alternation of the surported with some ference of the common law, alternation of the surported with some ference of the common cause is Bright's discussion of the opinion that it has but a slight chance of becoming law, alternation of the trouble the Roman Catholic church that many up to let them in the surport of the common cause is Bright's discussion of the opinion that it has but a slight chance of becoming law, alternation of the common cause is Bright's discussion of the opinion that it has but a slight chance of becoming law, alternation of the common cause is Bright's discussion of the opinion that it has but a slight chance of becoming law, alternation of the common cause is Bright's discussion of the opinion that it has but a slight chance of becoming law, alternation of the common cause is Bright's discussion of the opinion that it has but a slight chance of becoming law, alternation of the common cause is Bright's discussion of the opinion that it has but a slight chance of becoming law, alternation of the common cause is bright's discussion of the opinion that it has but a slight chance of becoming law, alternation of the opinion that it has but a slight chance of becoming law, alternation of the opinion that it has but a slight chance of becoming law, alternation of the opinion that it has but a slight chance of becoming law, alternation of the opinion that it has but a slight chance of becoming law, alternation of the opinion that it has but a slight chance of becoming law, alternation of the opinion that it has but a slight chance of becoming law, alternation of the opinion that it has

Great Britain and labor has now be-come the enemy of real cooperation. Rhul declares R. G. Naish, fermerly a mem-

Fall River, Mass. — 'Three years ago I gave birth to a little girl and after she was born I did not pick up well. I doctored for

two months and my condition re-mained the same. One day one of your little books was left at

my door and my husband sug-gested that I try a bottle of Lydia E. Pinkham's Vegetable Com-pound. I started it immediately and I felt better and could eat

and I let better and coun eat better after the first bottle, and I continued taking it for some time. Last year I gave birth to a baby boy and had a much easier time as I took the Vegetable

Compoundfor four months before baby came. On getting up I had no pains like I had before, and no

dizziness, and in two weeks felt about as well as ever."—Mrs.

THOMAS WILKINSON, 363 Columbia Street, Fall River, Mass.

(By International News Service) NEWBURYFORT. I.ABOR MOVE CONDEMNED

BATH, Eng. Aug 28—(Correpose Can a woman keep a secret)

pondence)—Bolshevism is eating its Well. Mrs. Allen is telling no one how ay into the cooperative movement in she intends to vote.

Rhubarb belongs to the buckwheat

# are especially popular with mothers who are more careful than ever regarding their expendi-tures. HICKORY Garters are in high-favor because they cost no more than ordinary kinds but do wear longer and give better service. "Stockings held the HICKORY way-Are stockings held to surely stay A.STEIN & COMPANY New York MADE BY THE MAKERS OF PARIS GARTERS

By Allman













